

24 Posture Reference

This is the record of the 24 posture qigong I taught in PE class. It was created by Wang Zi-Ping in the [Central Guoshu Institute \(中央國術館; Zhōngyāng Guóshù Guǎn\)](#) /in 1929. Wang Ziping was the president of the academy along with other famous figures such as Sun Lutang, Yang ChengFu, and had many famous teachers such as Gu Ruzhang, Han Ching Tan, etc.

This version comes from Wang Ziping's grand-daughter, Helen (Xiaorong) Wu in Toronto.

VO2 Max

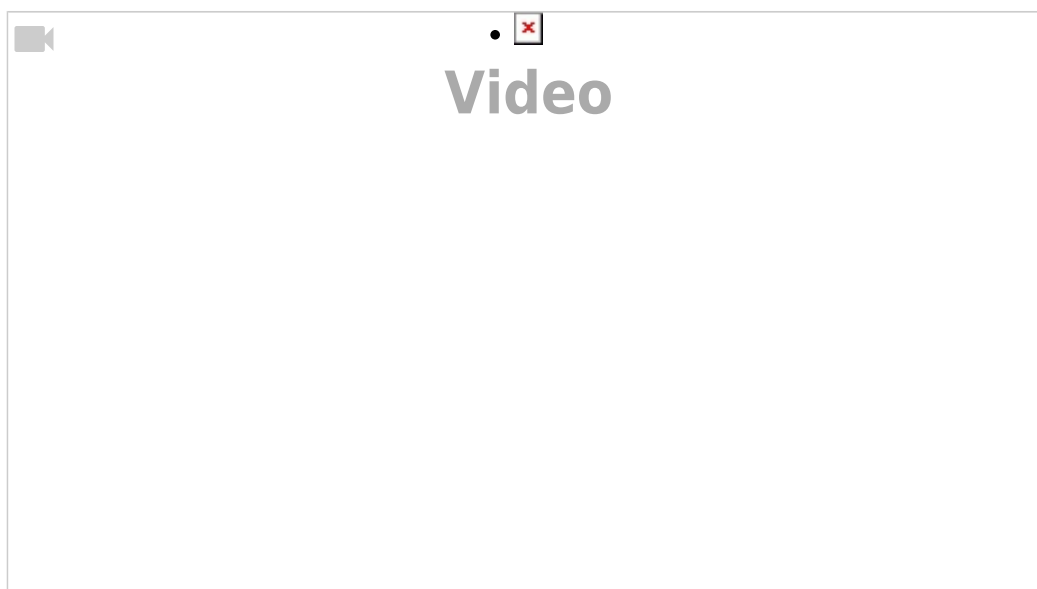
- If you do Transition posture and #5 it acts as a VO2 max warmup.

24 Movement

Transition Posture

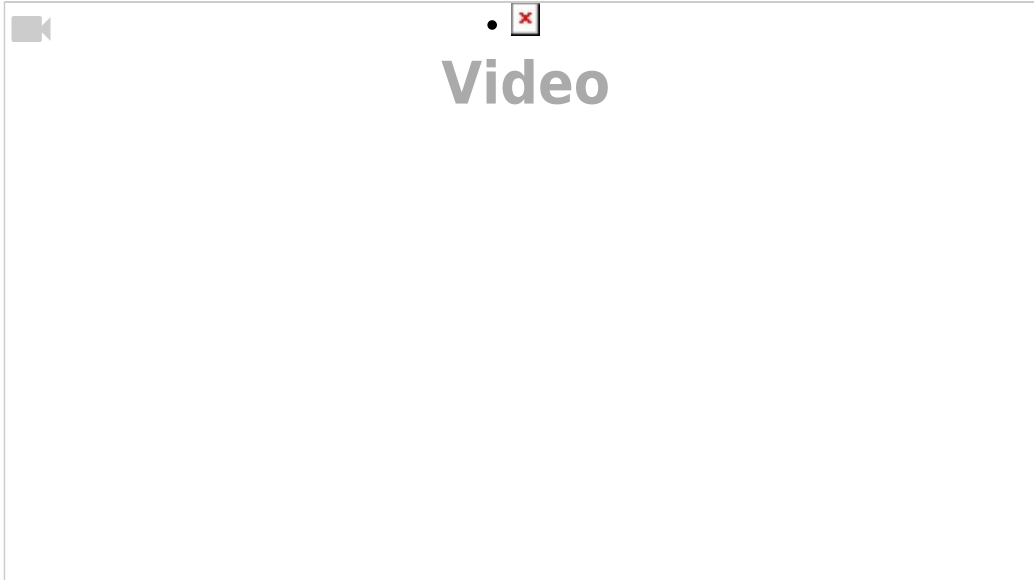
- <https://www.youtube.com/watch?v=DKaf36UzYal>

<https://www.youtube.com/watch?v=DKaf36UzYal>



5. Drawing the Bow on Both Sides

- <https://www.youtube.com/watch?v=qP3fVc8p93E>



From:

<https://www.appledog.ca/wiki/> - **Appledog**

Permanent link:

https://www.appledog.ca/wiki/doku.php?id=24_posture_reference

Last update: **2026/04/14 06:09**

